

We claim:

1. An injection guide for assisting administration of a botulinum toxin, the injection guide comprising:
 - 5 (a) a material having an upper face and a lower face, the lower face of the material being suitable for placement in contact with an area of the dermis of a patient to or through which dermal area a botulinum toxin can be administered, and;
 - (b) the material having a plurality of staggered perforations which extend
10 completely through the material from the upper face to the lower face.
2. The injection guide of claim 1, wherein the material has an exterior border which circumscribes the material and wherein the exterior border is not perforated.
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3. The injection guide of claim 2, wherein the material is flexible, so that when the material is pressed against the dermal area, substantially all of the exterior border is in contact with the dermal area.
- 20 4. The injection guide of claim 1 wherein at least some of the perforations are spaced apart by a uniform distance.
5. A injection guide for assisting a botulinum toxin therapy, the injection guide comprising:
 - 25 (a) a material with an upper face and a lower face, the lower face of the material being suitable for placement in contact with an area of the dermis of a patient;
 - (b) the material has a plurality of staggered perforations which extend completely through the material from the upper face to the lower face,
30 and;

(c) the material is flexible, so that when the material is pressed against the dermal area, substantially all of the lower face of the material is in contact with the dermal area.

5 6. The injection guide of claim 5 wherein at least some of the perforations are spaced apart by a uniform distance.

7. The injection guide of claim 5, wherein the material comprises a plurality of circles.

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8. The injection guide of claim 7, wherein the material comprises a plurality of contiguous circles.

9. The injection guide of claim 8, wherein the perforations are located in
15 the center of the circles.

10. A injection guide for assisting a botulinum toxin therapy, the injection guide comprising:

(a) a material with an upper face and a lower face, the lower face of the
20 material being suitable for placement in contact with an area of the dermis of a patient;

(b) the material has a plurality of staggered perforations which extend completely through the material from the upper face to the lower face, wherein at least some of the perforations are spaced apart by a uniform
25 distance;

(c) the material is flexible, so that when the material is pressed against the dermal area, substantially all of the lower face of the material is in contact with the dermal area, and;

(d) a plurality of contiguous circles are rendered upon the material and
30 the perforations are located in the center of the circles.

11. A method for assisting a botulinum toxin therapy, the method comprising the steps of:

- (a) determining a dermal area of a patient for administration of a botulinum toxin;
- 5 (b) placing in contact with the dermal area a lower face of a injection guide comprising: (i) a material with an upper face and a lower face, and; (ii) the material having a plurality of staggered perforations which extend completely through the material from the upper face to the lower face;
- 10 (c) extending a marker through a perforation so as to mark a dermal surface under the lower face of the material, and;
- (d) removing the injection guide from contact with the dermal area.

12. The method of claim 11, further comprising after the removing step,
15 the step of injecting a botulinum toxin at the location of a mark on the dermal area.

11. A method for determining an area of pain and/or allodynia, the method comprising the steps of :

- 20 (a) placing in contact with the dermal area of a patient a lower face of a injection guide comprising: (i) a material with an upper face and a lower face, and; (ii) the material having a plurality of staggered perforations which extend completely through the material from the upper face to the lower face;
- 25 (c) extending a probe through a perforation into contact with the underlying dermal area and recording the patient's response as to an absence or a presence of pain and/or allodynia upon the contact occurring, and;
- (d) repeating step (c) to thereby determine the extent of the dermal area
30 at which the patient experiences pain and/or allodynia.

12. A method for determining an area of pain and/or allodynia, the method comprising the steps of:
- (a) placing in contact with the dermal area of a patient a lower face of a injection guide comprising: (i) a material with an upper face and a lower face, and; (ii) the material having a plurality of staggered perforations which extend completely through the material from the upper face to the lower face;
 - (c) drawing upon the upper face of the material a boundary of a dermal area at which the patient experiences pain and/or allodynia, and;
 - (d) determining the area within the boundary, thereby determining the area of pain and/or allodynia.